

### Plastic makes perfect?

Credit cards are invaluable to college students but can also put them in debt.

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# SPOKE

A learning newsroom for journalism students

### Holiday help

The Food Bank of Waterloo helps families in need celebrate Thanksgiving.

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### Horoscopes

See what the stars have in store for you this week.

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Tuesday, October 9, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 19



(Photo by Jenn Sprach)

Office administration students have a great opportunity to get work experience through a skills lab. Second-year students work as managers while first-year students work as employees. Conestoga College professors in other programs are the clients. An open house was held on Sept. 26 to introduce the 'employees' to their 'employers' and celebrate its opening.

## Skills lab helps students get real-life experience

### Works includes data entry, copying

By JENN SPRACH

Room 2D18 buzzed with anticipation and excitement as students gathered, chatted and snacked at the office administration open house Sept. 26.

The program creates an office atmosphere with first-year students working as employees, second-year students as the managers and professors as clients.

The students are assigned office work including data entry, printing, copying and creating PowerPoints, business and reference letters.

**"We're the only college in Ontario that offers a skills lab."**

*Keith Fowler,  
second-year student*

"We're the only college in Ontario that offers a skills lab," said Keith Fowler, a second-year student and general manager of the open house.

The students work for the professor for two hours a week for the whole semester. They are evaluated at the end of the semester by their adopted professor on their quality of work.

"I'm excited because it's good work experience," said Jessica Thompson.

Fowler said, "It's great for students to put on their resume. It's very realistic."

"It gives you the feeling of accomplishment," said second-year



(Photo by Jenn Sprach)

Second-year office administration student Roxanna Ratiu stands next to her winning logo design for the office administration skills lab, which encourages everyone to 'experience the quality.'

student Sam Klooster.

The office's logo, which is a green graphic with OSAL in black, block letters in the centre and dark green squiggly lines above and below the lettering, was designed by second-year student Roxanna Ratiu. All the students submitted entries and the winner was decided by a class vote.

"It's a great way to start out the

semester," said Ratiu. "I was just fooling around with the Publisher program."

Anyone interested in becoming a client can contact the office by calling 748-5220, ext. 2290, or e-mailing officeadmin@conestogac.on.ca or dropping by Room 2D18.

However, Klooster said it should be noted: "We don't do students' homework."

## Get yourself a job

By KAYLA GRANT

Need a job? Get one at the Oct. 17 on-campus job fair.

The event, which is usually held in the E-wing of the Doon campus, was moved to the rec centre due to the larger number of employers who will be in attendance this year. Tickets for booths sold out in a month says Tao Cruickshank, student/grad employment adviser.

"There's a pretty good representation of employers among the schools," said Cruickshank. "They're here because they want Conestoga students."

Unlike the RIM Park career fair, Cruickshank said a lot of the employers are alumni and just want to talk to Conestoga students.

"You'll also have more time to see them (employers) then at RIM," said Cruickshank.

According to the Conestoga website, the job fair is for part-time, seasonal and graduate employment. Admission is free but students are asked to bring ID or alumni cards. Door prizes for two iPod shuffles will also be up for grabs.

Career service staff will be handing out guidebooks which list the

companies attending by Door 3 this week.

Cruickshank suggests that students do their homework by doing some research on the companies coming. She also advises students not to assume that a company is only looking for a certain skill set.

"If you see an employer (in the guidebook) you're interested in you may want to write a cover letter," said Cruickshank. "You'll want to have an updated resume as well."

Don't walk around with a clump of friends, suggests Cruickshank. Instead meet an employer by yourself. Employers are looking for a confident individual.

The job fair is also a great place to practise your interview skills. Students should be forewarned that there is an interview room prepared in case employers want to sit down with a student for a few minutes.

"So be prepared."

Career services is always available for students who want to have help with their job search, resumes, cover letters or practise their interview skills.

The career service offices can be found on the second floor of the Student Client Services Building.

## Disabilities recognized

By CHARLOTTE PRONG  
PARKHILL

The disabilities may be invisible, but the people are not.

The smells of popcorn and cotton candy, the sight of a man juggling bowling pins and the sounds of singing and drumming of an aboriginal women's group attracted crowds of people to the Student Life Centre Sept. 27.

The Life is Like a Rollercoaster event was held to promote awareness of non-visible disabilities.

"Aboriginal people are often an invisible people," said Kelly Nixon, counsellor of aboriginal students and students with disabilities. She said there are over 7,000 aboriginal people in Waterloo Region.

Nixon is a member of the Mino Ode Kwewak N'gamowak, or the Good-Hearted Women Singers. The group was founded by Jean Becker, who is the elder in residence at Wilfrid Laurier University's School of Social Work.

Attendees followed Becker and her drumming group outside. She performed a traditional smudging ceremony used for purification.

"You ask for a clear mind. We hope to come together with one mind and one heart as we recognize the importance of the services we are honouring today," said Becker.

"Life can throw things at you and you have to be prepared for the many twists and turns," said Charlie Matjanec, explaining the

roller-coaster theme.

Employment adviser Matjanec and support staff worker Marlene Breen both work out of the disability services office and co-chaired the event.

Breen said about 700 Conestoga students have a disability. About 80 per cent of those are non-visible, such as low vision, deaf or hard of hearing, emotional or mental health disorders, osteoporosis and learning disabilities.

College president John Tibbits said many people have some barrier to learning. "These are intelligent people. It's not that they can't learn, but that they learn more efficiently with assistance," he said.

Teacher Patrizia Piraino brought 16 students from the Program for Assistance in Learning at Southwood Secondary School in Cambridge.

"It's really important for the students to know that just because they have a learning disability, it doesn't mean they can't go to college," she said.

A huge crowd gathered when comedian and juggler John Park began to perform. "Life is all about balance," joked Park while juggling from the perch of his unicycle.

Matjanec said one of the challenges of his job is to convince employers to hire people with disabilities. "Seeing the world in a different way ... there's a competitive advantage to that."

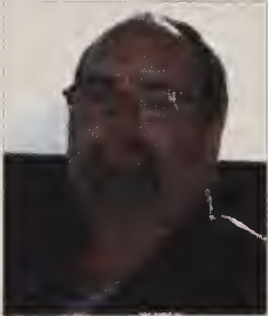
See Page 9 for photos.



## Now deep thoughts ...with Conestoga College

*Random questions answered by random students*

*If a movie was made about your life,  
who would you want to act as you and  
why?*



"Me, because I  
wouldn't have to get a  
job."

*Bill McCormick,  
third-year computer  
programmer/analyst*

"Bruce Willis because  
he's 60 and still gets all  
the 20-year-old ladies."

*Mike Mertes,  
second-year  
financial planning*



"Cameron Diaz  
because I'm often  
mistaken as her."

*Courtney Geerlinks,  
first-year general  
arts and science*

"Angelina Jolie  
because she is  
married to Brad Pitt."

*Teresa Norrish,  
first-year  
general arts and  
science*



"Sarah Jessica Parker.  
She looks nothing like  
me but she's fabulous."

*Sheena Sonser,  
third-year  
marketing*

"Marilyn Monroe  
because of her  
emotional sensitivity  
and female strength."

*Kasia  
Bobrowska,  
second-year  
accounting*



## Waterloo campus tickles taste buds

By VANESSA BUTLER

With over 800 full-time students, the Waterloo campus of Conestoga College offers nothing but the best when it comes to culinary and hospitality courses.

From Thai cooking to bartending, you're sure to find something that will tickle your senses.

"Students will get to learn the hands-on side as well as the business aspects," said Gary Hallam, chair of hospitality programs at Conestoga College. "Our campus offers by far the best facilities in the region, and a great variety of courses to choose from."

Courses such as Thai cooking are offered in three-hour increments. The class starts off with a demonstration, the students then get to work on preparing their dish and the final exercise is to eat it.

A nine-week bartending course is offered in the evenings, but students must be of legal age to enrol. Students who take these courses are educated in areas such as history, manufacturing, sales, business and also get to do a little taste testing.

Separate courses are now offered for martinis, scotch, brandy and wine.

Conestoga also offers a one-year culinary skills certificate course as well as a two-year culinary management diploma.

Hallam said one advantage of utilizing the Waterloo campus facilities is they are very beneficial. "There is so much workspace, professional workspace, for students to use," he said. "We are definitely growing. There are a great number of courses offered in the daytime as well as in the evenings."

Hallam said the sooner students decide to register the better. "Some courses fill up faster than others," he said. "But if that particular course is full, students must then sign up to be on a wait list. If someone drops out or spots open up, then that student is next in line for the course."

However, other courses that aren't quite so popular will accept students right up until the course begins.

Hallam said among the most popular courses are bartending, language (French, Spanish etc.) and cooking.

The college has made it easy for

students to research or apply for courses because everything is online. When applying online, the course will even tell you if it is open or closed, meaning whether it is full or not.

Hallam said the Waterloo campus attracts some very diverse clientele. "We have everyone from 20-year-olds taking our bartending courses, to corporate executives and business people taking our language courses and even doctors and lawyers learning how to cook in different cultures," he said.

The Waterloo campus also specializes in trades and apprentices. The most popular are welding and gas fitting, but plumbing and masonry are also offered.

"We have a great group of teachers," said Hallam. "We are in a growing industry with a great group of restaurants and companies surrounding us."

For more information on culinary or hospitality courses offered at the Waterloo campus visit [www.conestogac.on.ca](http://www.conestogac.on.ca) or contact Gary Hallam at [ghallam@conestogac.on.ca](mailto:ghallam@conestogac.on.ca).

## The Turkey Dump: Recovering from a Relationship Breakup



For some, the week following Thanksgiving is a time for change and readjustments. This can be attributed to a popular college concept- the "turkey dump."

Breaking-up can generate feelings of unhappiness and despair. This workshop will help to look at recovery strategies and allow you to gain something positive from an otherwise negative event. Free.

Thursday, October 11th @ noon Room 2D21

For more information please contact:  
Lynn Robbins WhiteCounsellor, Counselling Services, 1A103

Smile Conestoga, you could be our next respondent!



# Naturopathic medicine now available

By JOHN LINLEY

Conestoga College's health services office has added naturopathic medicine to their list of services available to students.

Naturopathic medicine is a holistic approach to medicine that takes into account all aspects of your health: physical, mental, emotional, environmental and your overall lifestyle.

It is different because it not only tries to cure the sickness, but looks into why the patient got sick to begin with. It addresses the root cause of the illness and supports your body's natural healing abilities.

Dr. Kristijana Rakic, the school's new naturopathic doctor, thinks this form of medicine can be very helpful for students because many aspects of their lifestyles make them prone to illness.

A recent college graduate, Rakic realizes that it can be hard for students to eat right and exercise, as well as overcome the everyday stresses that they face, which is

why naturopathic medicine looks past the illness to the root cause.

"We look at everything," she said. "We look at your physical well-being, your environment, your social network, your work, what you are doing, we look at genetics, we look at everything that is contributing to your health."

"It's not just your body; it's your mental health as well."

On a typical first visit to Rakic, she will help you cure the acute problem you came in to get treated, but will also go into a detailed investigation of your primary health concerns and recommend relevant lab tests to see where you can be helped.

Then on your first follow-up visit, she will help you develop an individualized treatment plan showcasing the necessary lifestyle changes you will need to prevent the illness from returning, as well as use treatment methods to improve your body's health.

The reason for these visits is that

different treatments will work better for different patients, so the doctor and the patient have to work together to make improvements.

Jacqueline McLaren, director of Student Services, hired Rakic and said it is important for the patient to take responsibility.

"It places the individual in the centre of their own healing process and reminds us that wellness is larger than the treatment of a specific illness," she said.

Aside from the lifestyle counselling, naturopathic doctors use other treatment modalities such as clinical nutrition, physical therapy, traditional Chinese medicine, acupuncture, botanical medicine and homeopathy.

It is beneficial for treating a number of health conditions including cold and flu, allergies, depression, arthritis, diabetes, digestive system disorders, heart disease, stress and anxiety.

Those who are covered under the school's health plan will only have



(Photo by John Linley)

Dr. Kristijana Rakic is Conestoga's new naturopathic doctor. She received her doctor of naturopathic medicine diploma after four years at the Canadian College of Naturopathic Medicine.

to pay for 20 per cent of each visit up to \$500 for the year. This means the initial visit will cost around \$25.

Rakic said she is excited to empower students and educate them on healthier lifestyles so they can work now to build a great foundation for later on in life and avoid health problems down the road.

"It's not about living for 90 years, it's about living for 90 functional years," she said.

Anyone who would like to learn more about naturopathic medicine can attend Rakic's presentation called Get a Healthy Kick-Start to the School Year on Monday, Oct. 15 from 1-2 p.m. in Room 2A111.

## Career fair attracts thousands from Waterloo Region

By WEI-LON LEE

Ever been packed into a room so tight you felt like a sardine in a can?

If you went to the 2007 Career Fair at RIM Park on Sept. 26, then you might have more empathy for pilchards everywhere.

The event, held at RIM Park in Waterloo, attracted thousands of university and college students who came to meet industry insiders, hoping to get the ball rolling in their quest for the ultimate prize: finding that dream job.

"The (career) fair is a great place to start looking and networking for a job," said Mike Connor, director of Firefox Development, a web-browser development company.

The annual fair, which is the largest of its kind in Canada, was first held in 1994 as a collaborative effort between the University of Guelph, University of Waterloo, Wilfrid Laurier University and Conestoga College in order to help students and alumni get started on the road to finding a career suited to them.

At a time when students are still finding themselves and deciding what to do with their life, the career fair can often give insights into industries and let students know exactly what is required of them in their respective job field.

"The best advice that anyone has ever given me was to find out what you want to do with your life and how to get there," said Connor.

He said the main thing for students to consider when choosing a career is passion.

"If you are passionate enough about a certain field, if you care enough, then you'll want to change that field, to contribute to it and make it more than what it was before," he said.

Another quality that would be very useful in the job market is versatility.

"Don't think that just because you are in a particular program in school right now, that you are limited to a certain field or certain jobs," said Thi Lam Phan of Services Canada, which helps Canadians gain access to a wide-range of government services.

Phan said students often short-

change themselves by limiting the scope of their own careers.

"Even if you are in the journalism program and don't particularly want to work for a newspaper, you can still work in the field of communications or even marketing," she said.

Phan said students would have a much greater chance of being hired by an organization if they diversify themselves.

"If you don't get the position you want in a company, but was offered a job in another area, you should take it, because it can only add more experience to your portfolio," she said.

Angela Mancini, human resources co-ordinator at News Marketing Canada, said the most

important qualities she would look for in entry-level employees would be their attention to detail and their ability to multi-task.

"At News Marketing Canada, we require all our employees to be extremely detail-oriented," she said. "And because we are a marketing-services company that sells advertising packages to our clients, we also require our employees to be people-oriented, because there would be a lot of back and forth communications with clients."

Mancini also said time-management skills are crucial to entry-level employees.

"Basically, all the qualities that make a successful student are what we're looking for in an employee," she said.

Building a solid portfolio is also one of the most important dimensions of job-hunting, said Jerome Gonsalves, a technology writer for Yahoo! Canada.

"We do offer positions in editorial writing, so if you're looking to write editorials in a variety of subjects, the best advice I would give a student is to start on their own blog," he said.

Gonsalves said writing a blog not only adds to a portfolio, but also lets potential employers know what the applicant is all about.

"The blog would allow us to kind of gauge the applicant to get to know them better," he said.

In the end, different occupations require different qualities, but the important thing is for students to find out what they are really passionate about, and how to develop those qualities that will best serve them in their chosen field.

If you missed the career fair, don't panic, because there will be another one on Feb. 6, 2008.

For more help with your job search, you can go to the career service office on the second floor of the Student Client Services Building in Room 220.

You may also want to check out the job fair website at [www.partners4employment.ca](http://www.partners4employment.ca) for Job Fair 2008.

### Do You Need HELP??? It's NOW available!!! Student Services - Transition Workshops

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Software/Student Success 12-1 2A111	2 When in doubt pick C? 11-12 2A111	3	4 When in doubt pick C? 12-1 2A111	5	6
7	8	9	10 The Turkey Dump Residence 7-8	11 The Turkey Dump 12-1 2D21	12	13
14	15 GET A HEALTHY KICK START TO THE SCHOOL YEAR - Learn how Naturopathic Medicine can improve your health 1-2 2A111	16	17	18	19	20
21	22	23 Transition to University 3-4 2E95	24	25 Transition to University 12-1 2D21	26	27

For more information and to register for these workshops please ask at the Learning Commons - Room 2A103  
Call 519-748-5220 Ext. 2308 or E-mail [learningcommons@conestogac.on.ca](mailto:learningcommons@conestogac.on.ca)



# Tory's ideas are really 'wasted'

John Tory has exhausted many avenues while meandering along his campaign trail and now the Progressive Conservative leader is toying with the possibility of allowing Ontario-made wine and beer to be sold in corner and convenience stores, should he be elected Oct. 10.

Alongside pledges for funding autism therapy and ankle monitors for convicted criminals, the proposed legislation of legalizing booze at your local corner variety store presents an anomaly. Are Tory and his campaign compadres completely "hung over" for ideas or is this a meager attempt at compensating for the escalating public censure over provincially-funded faith-based schools? This is not Tory's most sober proposition.

As Tory claimed in the Sept. 24 issue of *The Record*, allowing such legislation would increase the profitability margins and market for domestic grape growers and brewers, whose shelf allocation at licensed liquor stores is finite. Tory states that sales gleaned from Ontario booze would help stores, whose tobacco sales have declined, stay afloat and, in addition, says the advent of such availability is "part of civilized, normal life." However, the opacity of this statement fails to acknowledge that, if legislated, easier access to alcohol may increase impaired driving and illegal acquisition.

The idea is being revisited after its revocation by McGuinty on two occasions, including a private member's bill this past April. Sandra Henderson, president of Mothers Against Drunk Driving in Waterloo Region, said an opinion poll conducted by MADD in January 2005 showed the Ontario public's dismay toward the issue. It revealed that 55 per cent of residents believe occurrences of impaired driving will increase if alcohol becomes more readily available. In addition, 70 per cent feel alcohol may be unlawfully obtained by minors due to greater access paired with poor sales regulations.

The prospect of booze finding its way into the wrong hands is further exacerbated by the lone fact that corner stores' late operational hours coincide with after school parties. Furthermore, Henderson said family-run businesses seldom have the financial wherewithal to properly train their staff to a degree comparable with employees at facilities administered by the Alcohol and Gaming Commission of Ontario. If booze were sold in a greater number of stores, government regulation would wane and policies would loosen, perhaps tempting businesses to forego the checking of identification for the sake of increased sales, especially if employees are under age themselves.

It is brash to assume that all businesses would comply with every stipulation under the liquor licence act should this prospect come to fruition. Overall, it brings greater problems than it's worth.

**Is this a meager attempt at compensating for the escalating public censure over provincially-funded faith-based schools?**



It's just too easy to buy alcohol without ID

## The pot calling the kettle black

You're sitting at home one Saturday night when the phone rings. It's your friend inviting you out for a few drinks. Since you're young and energetic, you give it little thought before saying yes. You join your friends, drinking and dancing the night away. After you're all partied out, you make your way home and blissfully flop into bed.

You wake up the next morning (with or without a hangover, I'll let you decide) and grab the newspaper. You do a double-take as you see yourself on the front page, in all your drunken splendor. As you read the attached article, you are shocked to discover that your evening of irresponsible fun has made you into a vile human being, and quite possibly an unfit parent.

But this could never happen in reality ... could it? Just ask Britney Spears. Constantly scrutinized, her most personal (and yes, sometimes irresponsible) moments are displayed for all the world to see. And apparently for all the world to criticize.

Now I'm not saying Britney is a flawless human being, but are any of us? How would any of us measure up if we were defined by our worst moments?

How about Mel Gibson? I'm sure



Christopher Mills

*Opinion*

you all remember his drunken, anti-semitic tirade. At some point we all looked at that situation and thought about what a disgrace and a hypocrite Mel was. But how many of us actually realized what hypocrites that made us? We have all said things we didn't mean; things we regretted. We all know how horrible it feels when someone hears something they weren't meant to hear and we have to try and convince others that's not our real mindset. Yet when it happens to others, we take one sentence or statement and use it to define their whole personality.

Am I saying Mel Gibson isn't a bigot or that Britney Spears is a model parent? No. What I'm saying is I don't know. And neither do any of you. I say this as a journalist, knowing full well that kindness and straight-living are not exciting news. Irresponsibility, carelessness and rule-breaking are what sell.

Remember Britney's head-shaving incident? Perhaps she did have

a breakdown. But I can just picture her sitting there bored one night, turning to a friend and saying, "I'll bet you \$50 I can shave my head tonight and have every media outlet in the country talking about it tomorrow." Man, would she have collected on THAT bet in a hurry.

Sometimes it shames me to call myself a journalist when I see how low some will sink to make a buck. But it shames me even more to be a member of a society that demands the garbage they put out there for us. It's bad enough to find joy in the misfortunes of others, but it's really unacceptable when we see these people in their worst moments and then judge them, as if we're any different or better.

So next time you're in a personal moment, take a second to consider what you'd do if that moment was broadcast to the world. And then go one step further and think about what you'd do if that moment was all the world had to define you by.

These stars don't ask to have their lives and private moments broadcast to the world, but it happens. And one day, it could happen to you. If it does, how do you want others to react? Think carefully before you answer. And then ask yourself why you don't react that way yourself.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:  
The Editor, **Spoke**, 299 Doon Valley Dr.,  
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N2G 4M4

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# Age is just a number when it comes to love

Age has been said to be mind over matter, if you don't mind then it shouldn't matter.

Unfortunately, not everyone views this topic this way even if it has nothing to do with them.

Age shouldn't be something that we dwell on when it comes to being with someone you care about, whether it is a five-year age difference or a 15-year age difference.

In today's society so many things are looked upon as normal and "OK" so why can't age be viewed the same way? If two people of the same sex can walk down the street holding hands than why can't someone walk down the street with someone they love who is a little bit or a lot older?

I have personally been the victim of ignorant comments, dirty glares, loss of friendships and have even lost contact with close family members because I choose to date someone who is older than me. The



Sarah Jaynes

*Opinion*

only concern is age, not his situation, how intelligent he is, his family or his intentions, as soon as age is mentioned it is all over.

My boyfriend is 12 years older than me. We live together, are working towards a common goal and understand each other; age is not something that holds us back from having a great relationship.

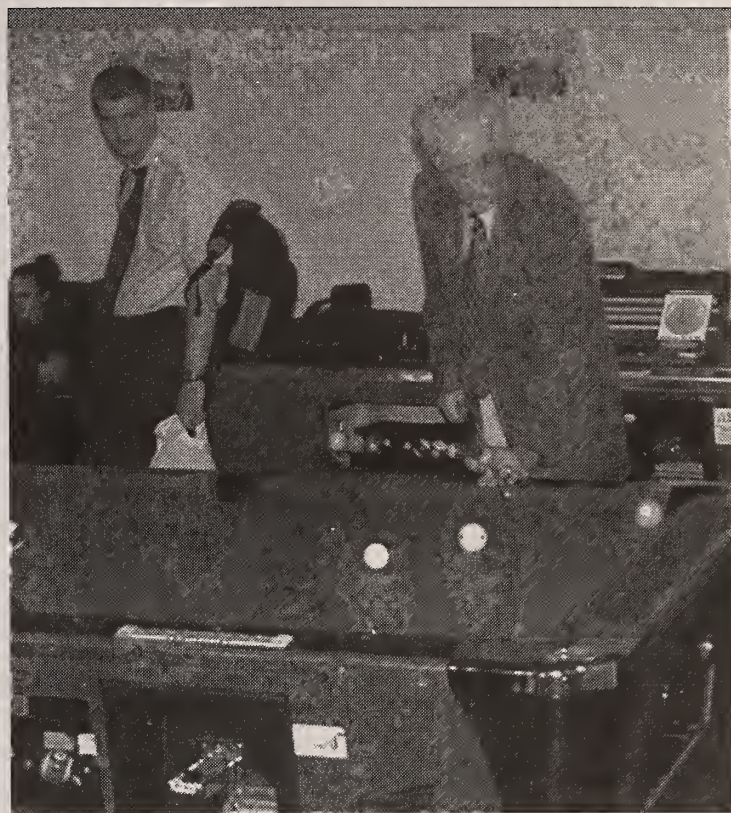
It doesn't seem fair to see couples in the media who have an obvious age gap and yet it is accepted by the public. Demi Moore, 42, and Ashton Kutcher, 27, are a prime example of a couple who possess a 15-year age difference and have been happily married since 2005.

Perhaps it is only seen as OK when it is an older woman pursuing a younger guy.

It is outrageous to say that it is alright for women to be older than men but when a man is older it is viewed as purely sexual and wrong. Most men who go after young girls are seen as pedophiles or "cradle robbers." It is definitely wrong to go after someone who is under-age, whether you are a man or a woman. However, if both people involved in the relationship are mature and of legal age, than there should be nothing wrong with it.

If you are in love with someone, whether they are the same age as you or not, it should only be your happiness and your well-being that concerns you, not what other people think.

With all the abuse and neglect that occur in relationships, an age gap should be the least of our worries, especially when that person makes you happy.



(Photo by John Linley)

## Sanctuary haunted by a ghost

Pool expert Gerry 'The Ghost' Watson entertains students in the Sanctuary on Sept. 25. He has been playing since 1983, is a three-time Canadian Open 8 and 9 Ball champion, and has performed more than 2,500 shows.

## LETTER TO THE EDITOR

### Conestoga College disappoints student

A new school year has begun, and with it comes familiar feelings. Happiness to see friends, sadness to see summer coming to an end and excitement for the school year ahead.

However, this semester seems to have one feeling that stands out most among my fellow students: disappointment. It seems that the college is losing sight of the students and focusing on money.

If you do not instantly understand what I am speaking of, maybe you should take a walk over to the new "student centre." Or perhaps it could be more appropriately referred to as the educational service centre, because after all, I could stick a sign that says student centre in a pile of feces and that still wouldn't make it a centre for students.

I would like to review what hundreds of dollars in additions to my tuition, specifically for the student centre, have bought me.

The pros: all of the educational services have moved to one place and the old rooms have been turned into classrooms. It's kind of nice to group everything together, but students still have not gained any of the recreational space that was promised.

The cons: the old Sanctuary was turned into classrooms and the new one is in a smaller and less esthetically pleasing area. The couches have been sectioned off to more open public areas, making it harder for worn-out students to find a couch to lie down and catch a few minutes of sleep before their next class. In addition, Dooners was shut down and turned into classrooms.

Wow, so the only new thing that is really coming out of this is all

of the new classrooms in the areas where the services rooms used to be. Can anybody say ulterior motive? Maybe while we are at it, we should cancel all the sports teams – because they cost money – and turn the recreation centre into the firefighter, police and paramedic training facility so that they can use the classrooms in the main building for more students.

This isn't a new procedure either. Our school seems to have historically overlooked the college experience for the students just so they can compete academically. Just look at our football field. Oops, we don't have one. But my lowly country town high school had three. Speaking as a member of the rugby team, such facilities would be an asset.

How many people dreamt of a college where the school was united? Where you could come together as a school and say everybody is going to the football, rugby, basketball or soccer game to see those Humber jerks get their butts kicked.

How many of you would have played a sport if there was more hype about it. I personally tried to advertise for rugby, but only got flack for not using proper protocol.

It is a system like that which makes people with intentions of bettering their school give up on themselves. Just ask yourself one question: When someone asks you about your college, do you feel that empowering spirit that fills you with pride or does a feeling of darkness and discomfort enshroud you? I'm personally starting to feel a little sick every time I think about it.

Larry Stuart

## PERFORMANCE ANXIETY GROUP



DO YOU ....

- ☹ Blank out or struggle on tests?
- ☹ Avoid/ fear presentations?
- ☹ Panic while being supervised or evaluated?
- ☹ Feel anxious when performing in academic situations?

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## PERFORMANCE ANXIETY GROUP

And manage anxiety instead of letting it manage you!

To register bring a copy of your timetable to  
COUNSELLING SERVICES, 1A103 by Fri., Oct 12<sup>th</sup>  
*The group will begin the week of Oct 22nd or Oct 29th  
& will run for 4 weeks (most convenient time to be  
determined by student schedules – student will be contacted).*



# Give a little bit and support the food drive

By HIEN DINH

"Those who can give a lot give a lot and those who can give a little give a little," said Mayor Carl Zehr at the Sept. 26 kickoff to the Food Bank of Waterloo Region's Thanksgiving food drive.

The food bank is asking residents to remember to set an extra plate at their table this Thanksgiving to help them reach their goal of 350,000 pounds (158,757 kilograms) of food.

Ruth Friendship Keller, the food bank's manager of community partnership, said the Thanksgiving food drive starts Sept. 26 and goes until Oct. 10 but people can always continue to donate.

The shelves at the food bank get empty over the summer, she said.

"We do a Thanksgiving food drive because throughout the summer months people aren't thinking of giving to the food bank (because they're busy) and so the donations drop but people still need food.

"(The) same kind of thing happens at Easter time," she added. "Again, we've gone through the winter months and we need food to get us through the summer months."

Wendi Campbell, the food bank's executive director, said this is a prosperous and very caring community.

"Residents who need our help due to a variety of circumstances will get help because of the many ways this community chooses to set an extra plate at their table," she said.

"Every contribution helps make this a great place to live."

Friendship-Keller said Conestoga students can always contribute their time and services to help the

food bank.

"We've had a great continece of Conestoga students volunteering at the food bank," she said. "At this time of year, bringing in food is also going to be critical.

"We know 350,000 pounds is a high goal but we also know that we need that much."

Last year the Food Bank of Waterloo Region did not meet their Thanksgiving food drive goal of 325,000 pounds.

This year's drive will help the food bank's 67 member agencies and community food programs through the fall and into the winter months.

"We (at the food bank) know what we're going to need to get us through the next while until the spring food drive," said Friendship-Keller.

"Anything students can do to have a creative, fun, enthusiastic, successful food drive is great."

Cash donations are also important for acquiring and distributing the three million pounds of food needed each year. For each \$1 donated, the food bank is able to provide over \$8 worth of emergency food.

Money donations can be made online or by calling the food bank at 519-743-5576. Food donations can be made at any local grocery store, fire hall or at the food bank, located at 50 Alpine Crt., in Kitchener.

Currently the Top 5 needed items by the food bank are pork and beans, canned fruit, pasta sauce, canned beans and stews.

"We appreciate Conestoga College," said Friendship-Keller. "Not all the students are going to be able to help but they'll do what they can."



(Photo by Hien Dinh)

Gene McCarthy, representative of the Society of St. Vincent de Paul, Jeanne Diercey, of Conestoga Rovers and Associates, Chatter Singh Ahuja, of the Golden Triangle Sikh Association, and Wendi Campbell, executive director of the Food Bank of Waterloo Region, kick off the food bank's annual Thanksgiving food drive.

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## COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety!

The following resources are available to you at the college:

- 1) Inquire about a Public Speaking Anxiety group in Counselling Services.
- 2) Read the Anxiety and Phobia Workbook, Bourne (available at the LRC on the shelf and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.
- 3) Make an appointment with a counsellor in Counselling Services.

*A Message from Counselling Services, 1A103.*

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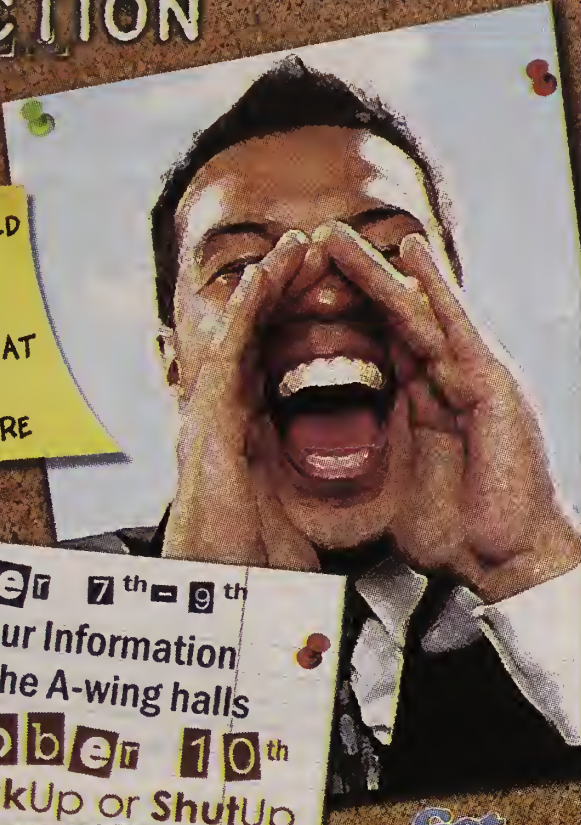
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## THURSDAY OCTOBER 26







(Photos by Holly Featherstone)

### Carnival entertains locals

Residents flocked to the carnival held at the Optimist Sports Park in Kitchener on Sept. 28. The festivities included rides, games and, of course, cotton candy.



## CAREER SERVICES

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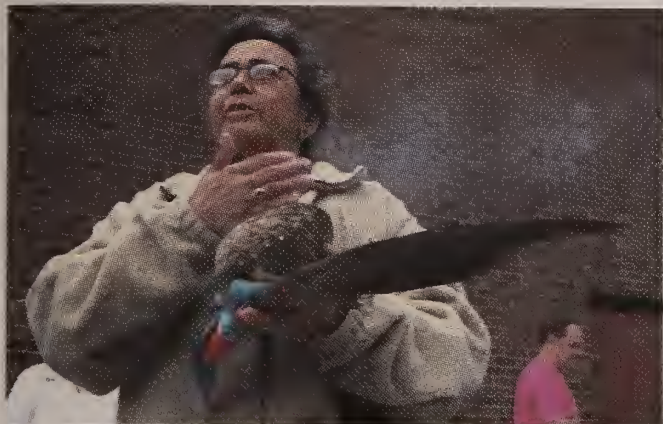
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Check on-line for updates: [www.conestogac.on.ca/jsp/stserv/career/index.jsp](http://www.conestogac.on.ca/jsp/stserv/career/index.jsp)



# Invisible disabilities recognized at Conestoga



(Photo by Charlotte Prong Parkhill)

Jean Becker, an elder in residence at WLU's School of Social Work, performs an aboriginal smudging ceremony at Conestoga's Life is a Rollercoaster event Sept. 27, which promoted awareness of non-visible disabilities.



(Photo by Charlotte Prong Parkhill)

Ruth Amanquah, a student from Don Bosco Catholic Secondary School in Toronto, enjoys some candy floss.



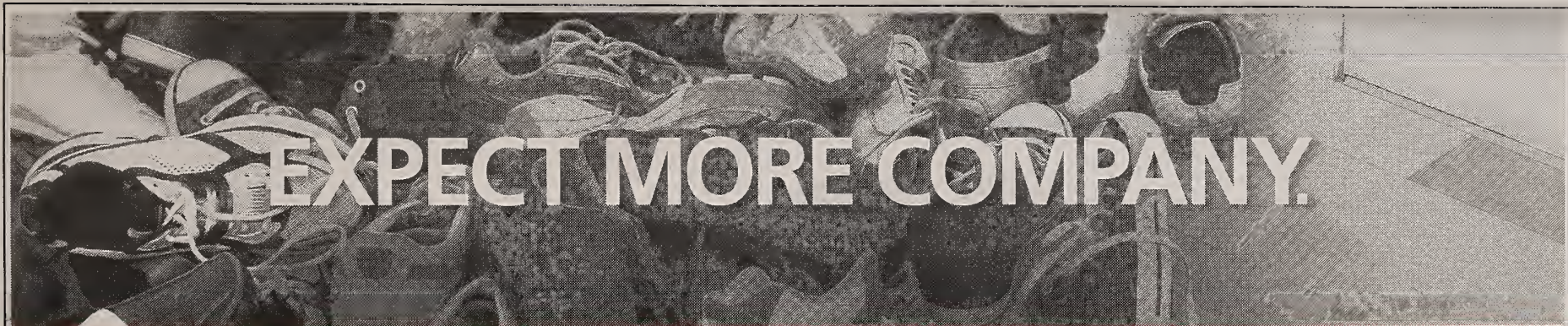
(Photo by Charlotte Prong Parkhill)

Comedian and juggler John Parks demonstrates that life is about balance.



(Photo by Charlotte Prong Parkhill)

Ziggy is a St. John Ambulance therapy dog. His owner, Laurie Galpin, takes him to visit schools.



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# Escape from the killing fields

## A Conestoga student shares the tragic story of his flight from Sudan

By WEI-LON LEE

Run. Get away. Stay alive.

Those were the thoughts inside young John Lam Yien's head as he fled his village and his home country of Sudan.

As Yien recounts his story, haunting images of his father getting shot four times comes flooding back. These memories, along with the frustration of not knowing whether his brothers, sisters or mother are still alive, and a feeling of helplessness, are what Yien has to endure every night he closes his eyes.

Upon first impression, one would never guess that Yien, a second-year law and security administration student at Conestoga, has gone

through such hardships and faced so much horror in his life.

Soft-spoken and polite, he has a perpetual smile on his face that belies his life experiences.

"You never forget something like that that has happened in your life," he said, shaking his head, still with a smile on his face. "You just don't forget."

Yien was just 14 years old when he witnessed the execution of his father outside his village.

"They (the North Sudanese army) just burst in the village and started shooting," he said.

As Yien watched in horror, one of the soldiers fired at his father, putting four bullets right in his chest.

"They just shot him, pow, pow,

pow, pow," he gestured.

Yien, who was in hiding, was afraid that the soldiers would see him and kill him too.

"If they had seen me, they would have shot me as well," he said.

As soon as the soldiers walked away from his father, Yien crawled back to where his father lay, still bleeding, still alive.

"It was then that my father told me to run," recounted Yien. "You're not supposed to die here with me, you have to run, get away from here," Yien's father told him.

That was when he started to run and fled his country, first to Kenya, where he met his wife, who was also fleeing Sudan, then to Ethiopia, where he submitted a proposal to the United Nations that allowed him to come and live in Canada as a permanent resident.

When asked about his family and

whether he knew where his 23 other siblings are, Yien just shook his head slowly.

"I don't even know if my brothers and sisters are still alive," he said. "They don't know that I'm alive."

Yien said his whole family has been separated, scattered, with no means of contacting each other.

"When the soldiers came, everybody just ran. I don't even know if my mother is still alive, but she is probably dead," he said.

Yien said the fighting resumed between the southern rebels and the northern central government in 2003 and has culminated in the Darfur massacres.

"My country has been in civil war since the 1950s," he said.

Unlike most international students, Yien did not come to Canada to find a better life nor to get a better job.

**"If they had seen me, they would have shot me as well."**

*John Lam Yien*

*second-year LASA student*

He simply came to Canada to find life, period.

"That was all I wanted, all that I thought about, just staying alive," he said. "I just ran and ran and never looked back."

Interestingly, when asked what is the most distinct element of his country, Yien replied immediately that his country has very rich oil fields in the south.

"My country has lots of oil and there are many Chinese people there," he said. "Especially in the south, where all the oils are."

Yien said that peace and stability must come from inside his country, not from other nations.

"No one can be strong for Africa, Africa must be strong for herself," he said.

Furthermore, Yien doesn't blame the Chinese for supporting the northern central government nor does he condemn China for its inaction regarding the situation in Darfur.

"It's just business, you know," he said. "My government is probably giving the Chinese something they need."

In fact, that "something" is the most abundant resource in Sudan: oil. As China is experiencing an unprecedented economic boom, it is also experiencing unprecedented resource shortages.

But China is not responsible for what is happening to his country, said Yien.

"It is the north, the Muslim central government that is responsible," he said.

Yien also thinks the conflict in Sudan is more than just a power struggle between rebels and the Sudanese army.

"It is a religious war as well," he said. "The north wants us to obey them and for us to convert to Islam, and if we don't listen, they will kick us off our lands."

Yien said he is glad to be in Canada because people are so accepting here.

"It is a good place to find a new life, a better life," he smiled.



(Photo by Wei-Lon Lee)

John Lam Yien, a second-year LASA student, witnessed the execution of his father when he was just 14 years old.

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# Credit cards: students' friend or foe?

By **MARCIA LOVE**

With the high cost of textbooks, tuition and living expenses, many students have discovered just how helpful a credit card can be.

They can also discover just how much debt they can get into without due caution.

Kristie Syvret, a first-year law and security student, has had a credit card for about four years now and said she has spending problems because of it.

"I probably spend over \$400 a month on it," she said. "My interest rate is crazy now."

Syvret said she got a credit card because she wanted to go shopping.

"I wish I could just cut up my credit card and never use it again," she said. "I hate it, but I can't do without it."

Dana MacRae, a trustee in bankruptcy, has dealt with many college

and university graduates who found themselves in financial difficulty due to credit card debts.

"Usually it's because they have student loans to pay off (with their credit card)," he said. "When they can't pay it off, they then have more interest."

MacRae said he has seen a lot of students who don't understand what credit is.

"They'll use their credit card to buy a stereo system. Generally, students won't be working, so they're stuck with paying off a massive student loan on top of other credit card debts outside of school."

However, as tempting as the power of plastic may be, there are also good reasons for people to get credit cards while they are still students.

Colleen Smith, assistant branch manager at Grand River Credit Union, said it is easier for a student

to build good credit than someone who is no longer in school.

"Once graduated, credit card companies look for things such as employment history and proceed from there."

**"Once graduated, credit card companies look for things such as employment history and proceed from there."**

*Colleen Smith,  
assistant branch manager at  
Grand River Credit Union*

She said if a student develops bad credit it will be harder for them to get future credit cards, loans or a mortgage.

Natasha Siminoski, a second-

year general business student, said she has had her credit card for about a year and hasn't had any problems with it.

"I pay it off right when my bill comes in," she said. "I just want to maintain a good credit. That's the whole point of having it."

Diana Pham, a first-year general business student, does not have a credit card but plans to get one within a month.

"My mom wouldn't let me have one because my sister went from having one to having too many," she said.

Pham would like to have a credit card to build a line of credit.

MacRae said to reduce the risk of running into credit card debt, students should only have one credit card and use it sparingly.

"Students need to concentrate on maintaining good income," he said. "They need to practise discipline until they get into the workforce."



(Photo by Marcia Love)

Kristie Syvret, a first-year law and security student, said she uses her credit card for purchases such as textbooks, concert tickets, trips or any expenses that come up.

## Park your car when texting

By **JENNIFER MARKO**

You have heard about it on the radio and seen it on the news, maybe you have even done it: texting while driving.

Inspector Bryan Larkin of the Waterloo Regional Police Service said there has been much debate over the last 10 years about the use of cellphones and other technological devices and drivers who choose to not only talk on their cellphones but send text messages as well as check and return e-mail.

He said it is difficult for Waterloo's police service to track how many collisions are actually caused by the use of cellphones as their investigation does not capture the use of these electronic devices.

The Ontario Association of Chiefs of Police Traffic Committee has been working to include such device use as a trackable item on collision reports.

He said it is difficult to predict why people choose to put themselves and others at risk using mobile devices while driving; however, he encourages all drivers not to become complacent and exercise safe, courteous driving.

Currently there is no law prohibiting mobile phone use in Ontario, said Larkin. Other provinces, such as Quebec and Newfoundland, have recently enacted such legislation and the Ontario Association of Chiefs of Police Traffic Committee is monitoring the impact on road safety. There is potential for drivers who do not use due care while driving (due to phone use) to potentially be charged with careless driving; however, it depends on the individual circumstance.

"We simply want them (drivers) to take a deep breath and reflect on a close call while driving — if they remember the worry they felt, we would ask them to strive toward not experiencing that ever again," he said. "Take extra time, plan ahead, and if you need to make a call or text, pull over and do so safely. If you must use a mobile phone, consider hands free, but we recommend focusing on driving."



(Photo by Jennifer Marko)

First-year practical nursing student Jessica Broadfoot checks her text messages as she gets into her car.

Larkin said it is important for all of us to make a difference.

"If we are concerned about a friend or loved one's driving ... we encourage you to express your concern, recommend alternatives and ask them not to do it. Often reminding someone how much we care may have a positive impact on their behaviour," he said.

**"Everyone would be a good driver if they didn't have to worry about everyone else on the road, so why endanger not only your safety and those with you, but others on the road?"**

*Stephanie Paris,  
first-year health office  
administration student*

Second-year general arts and science student Brittany Goodman said texting while driving is definitely more dangerous than talking on your cellphone while driving.

"It is very distracting and takes your attention completely away from the road," she said.

But although she said it is a bad idea, she has been in a car with someone who has done it, and has also done it herself.

"I try to avoid talking and texting while I am driving because I know how dangerous it is, but sometimes I'll send a quick reply."

Goodman said she does not judge people who text and drive at the same time because she has done it as well.

"In general, I think everyone needs to pay more attention to the roads and put their cellphones down."

First-year health office administration student Stephanie Paris said texting while driving is a horrible idea.

However, she admitted that her sister did do it while she was in the car. But she was quick to give credit to the two of them because they both silence their phones when driving.

Paris said she would not text and drive unless it was an emergency and did not have any time left on her phone to make a call. She said she would definitely not do it if there was another alternative.

"I think it's silly. Everyone would be a good driver if they didn't have to worry about everyone else on the road, so why endanger not only your safety and those with you, but others on the road?" said Paris.

She advised people to pull over or wait.

"Asking someone what to have for dinner isn't a life or death question, so why make it one?" she said.

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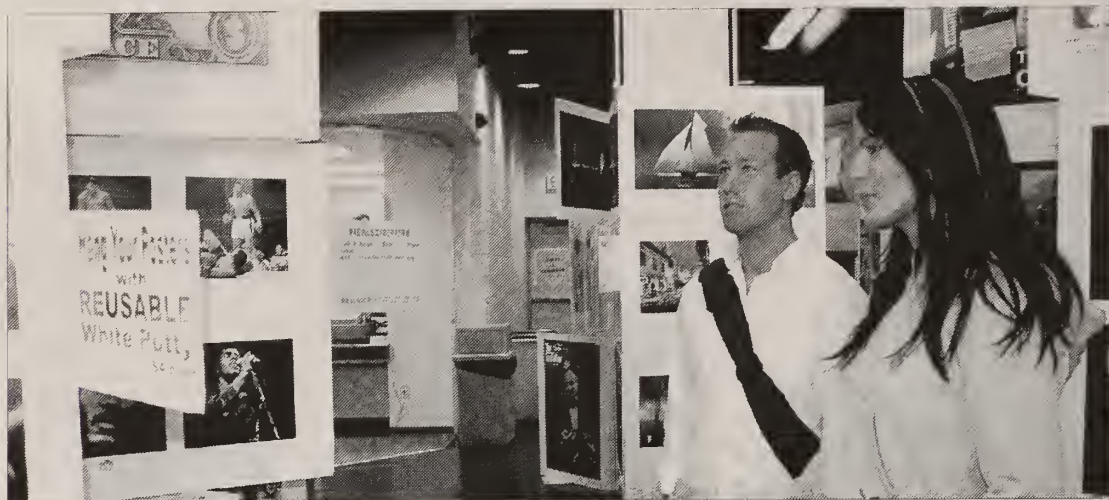
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(Photos by Leanne Mountford)

### Poster sale a hit with students

Second-year general business student Alan MacEwan and second-year international business management student Natasha Koch check out some posters at the Imagus Poster Sale in the new Sanctuary. The sale ran on Sept. 17 and 18. According to sales rep Francois Boucher, the best-selling posters are Passion Beach, Bob Marley and posters relating to alcohol.



## PSLG Fall 2007 Schedule

PSLGs are FREE weekly study sessions that are designed to help students through historically difficult courses. They offer a chance to meet with a senior student and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams.

This semester PSLGs are offered in the following courses, all you have to do is show up!

CIVIL Statics Leader: Stephen Day/ time: Mondays @ 12-1 Room: 2A620	CIVIL Surveying Leader: Stephen Day/ time: Thursdays @ 12-1 Room: 2A619
GAS Chemistry Leader: Paul Day/ time: Thursdays @ 4-5 Room: 2D16	GAS Biology Leader: Mark Day/ time: Tuesdays @ 4-5 Room: 2A507
CONSTRUCTION Statics Leader: Peter Day/ time: Mondays @ 12-1 Room: 3E29	IT Programming: Fundamentals Leader: Don Day/ time: Fridays @ 12-1 Room: 1C20
EET/CET C Programming Leader: Jon Day/ time: Tuesdays @ 4-5 Room: 2A111	EET/CET Digital Fundamentals Leader: Jon Day/ time: Mondays @ 12-1 Room: 2A111
EET/CET DC Circuits Leader: Marcin Day/ time: Mondays @ 5-6 Room: 2A111	BScN A&P Leader: Nabil & Sarah Day/ time: Mondays @ 12-1 Room: 2E25  Leader: Stefan & Colleen Day/ time: Mondays @ 2-3 Room 2E24
PN A&P/ Math Leader: Pam/ Connie Day/ time: Fridays @ 11-12 Fridays @ 1-2 Room: 2A111	



#### Please note:

- This schedule is subject to change.
- It aims to accommodate as many students as possible, but is unable to meet all needs.
- Learning group availability is solely based upon attendance. If students are not attending, the group(s) will be cancelled.

## Controversial book questions societal norms

By ELIZABETH BATE

If ever there was a book that needed discussion, Elizabeth Ruth's *Smoke* is it.

On Sept. 27, Ruth appeared at the Kitchener Public Library to discuss her most recent work for the region's sixth annual One Book One Community (OBOC) event.

In past years, authors would do a reading of the selected work for audiences, but this year Sharron Smith, the KPL representative to the OBOC committee, proposed a new idea.

Mark Paine, host of the Kool FM morning show, interviewed Ruth on stage and moderated questions from the audience about the book.

"I had a wonderful time," Paine said. "What a fantastic opportunity to be that close. It makes me want to reread it now because I have a better understanding of her."

*Smoke*, set in a small Ontario tobacco-growing town in the 1950s, questions societal norms of sex and gender.

The book features female characters not willing to accept their pre-prescribed roles in the home and one character who is not what he appears to be.

"Let's just say what we're talking about, trans-sexuality," Ruth

said. "I'm trying to raise questions around criminality and how we treat difference."

Paine suggested that writing a book about tobacco and smoking may have been controversial enough without the added weight of gender issues, but much like one's gender, for Ruth, the topic of the book was never a choice.

"I wrote to that ending. It wasn't added on," she said. "I never considered just writing a story about a boy who's been burned."

Although the book deals with contentious subject matter, it has been highly acclaimed.

Ruth said that she would never insult her readers by presuming that they couldn't handle the material.

"I feel that readers are intelligent and want to be challenged," she said. "I put it out there and so far it's working."

The discussion about the book was so engaging that some audience members were still in the library after it closed.

"I looked forward to this all summer," said Mary Jarrett, an audience member from Kitchener. "There were some really provocative questions that were asked."

The One Book One Community region-wide selection committee has already begun to look for next year's book, which will be announced in the new year.

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# Rare birds flock to Kitchener, area

By JACKIE ALLWOOD

If you have taken a walk on the paths along the Grand River lately, you may have seen some rather large nests with some different looking birds in them or near by.

The Grand River Conservation Authority (GRCA) has many birding spots in the region where you can view native species but now there are areas where you can see rarer birds as well.

Tony Zammit, an ecologist for the GRCA, says one of the most charismatic birds that has recently been seen in the area is the bald eagle, which used to be classified as endangered.

He says the GRCA is monitoring sections between south Kitchener and Brantford for eagles because these sections of the river remain open and are ice free in the winter so they have a food source.

The eagles can also be seen between November and March in Luther Marsh.

This past winter the GRCA installed three artificial nesting platforms for the eagles in Luther Marsh, in hopes that they would breed.

"It turns out they (the eagles) build their own natural nests in the pine plantations," says Zammit.

However, he thinks the nesting platforms will encourage other birds to nest.

"Luther Marsh is probably the most important area in the watershed for birds," he says. "The wetland is classified provincially significant by the Ministry of Natural Resources."

A lot of the conservation work for birding has taken place at Luther Marsh, which is north of Arthur.

Other birds that are considered threatened or endangered which frequent and breed in the GRCA watershed are the osprey, the black tern, the great egret and the least bittern.

"We (GRCA) haven't done anything specifically for the least bittern or the black tern, we are just trying to enhance the wetland habitat at Luther Marsh," he says.

The GRCA has also built nesting boxes for screech owls there.

Many of the rare birds and waterfowl can be seen in the Luther Marsh part of the watershed.

"Great egret is a provincially rare bird that shows up at Luther Marsh during the migration period," says Zammit.

He added during the weekend of Sept. 14 through 17 there were roughly 100 great egrets in a single flooded swamp area near the roadside.

Zammit says another good birding area is the confluence of the Speed River and the Grand River.

Birdwatchers will be able to spot some eagles and waterfowl such as the common golden eye and the common merganser during the winter months.

The GRCA funds many programs during the year to help keep the rare birds in the watershed coming back during migration and



(Photo by Jackie Allwood)

Tony Zammit, the Grand River Conservation Authority ecologist, stands in front of Mill Creek Marsh, behind the GRCA offices.

to nest.

They plant roughly 100,000 trees a year on their land and on private land and constantly protect wetlands from urban development.

Zammit says these two conservation initiatives are not only to protect the rare bird species but also the common ones.

They are also trying to create more wetlands to encourage waterfowl to breed.

"It is a lot easier to protect the common species than the rare ones," he says.

Taquanyah, near Cayuga, is another place the GRCA is monitoring and in the process of doing wetland restorations.

"We hope it will benefit the prothonotary warbler, which is an endangered song bird," he says. "It is actually the largest warbler species that we have in the province."

Zammit says the biggest threat to the bird population is the loss of habitat.

Zammit says some bird species are area sensitive and require large tracks of forest to breed such as the rose-breasted grosbeak, the scarlet tanagers, the warbling vireo and the red-eye vireo.

They all have to nest in the interior of the forest and have at least a 100-metre buffer zone around them to keep the species going.

He says the presence of some of these species indicates the condition of the forest.

There are many ways you can get out and see the rare birds in our area.

Zammit says there are experts who conduct field trips the public can join around the GRCA.

He discourages people from tracking down rare species on their own.

"They (the birds) are sensitive to humans," he says. "Therefore, we shouldn't be disturbing their nesting habitats."

The GRCA has a code of ethics to follow for birdwatchers who like to look for rare birds.

"We want to minimize our disturbance on the bird species and in particular the rare species," says Zammit.

The GRCA also wants birdwatchers to respect the private land owners who live near the GRCA parks and trails, by making sure they have permission to access the private land and if on the GRCA land, then respect all bylaws.

"When walking on GRCA land we want to make sure we don't leave a footprint (ecologically speaking) behind."

He does encourage people to volunteer to monitor and band the rare bird species.

Banding is when a bracelet with a unique number is placed around the leg of the bird or chick so the GRCA can keep track of the bird's movement and possible breeding.

There are a number of bird count monitoring programs that need volunteers.

These include the Backyard Bird Count, Project Feeder Watch, the Forest Bird Count, the Christmas Bird Count and Citizen Science programs.

Zammit says the public can help keep track of all the bird species with a birding check list found on the website, [www.grandriver.ca](http://www.grandriver.ca).

He says if the public sees a rare or unusual bird in the Grand River watershed they can fill out a special form and e-mail or fax it to him at the GRCA office.

The community can also help by planting trees and keeping vegetation loss to a minimum.

"If you're a private land owner and you live next to provincially significant wetland that has a rare bird breeding in it, you definitely don't want to be developing or constructing anything close to that wetland," says Zammit.

You can also provide artificial nesting areas for many species of birds such as blue birds and installing swallow houses or purple martin houses to help those birds.

Zammit would like to see many buffer zones established around wetlands and forests and would also ideally like to see habitats connected with corridors and regeneration of wetlands and deciduous trees.

If you are interested in getting involved in keeping our wetlands and forests alive for rare birds, go to the GRCA's website ([www.grandriver.ca](http://www.grandriver.ca)) and check out the wetland policies for the regeneration of wetlands.

## VOLUNTEERING

If you are interested in volunteering with the GRCA or other organizations for banding and bird watching, go to:

- Habitat Haldimand — [www.habitathaldimand.ca](http://www.habitathaldimand.ca)
- Ducks Unlimited Canada — [www.ducks.ca](http://www.ducks.ca)
- Trout Unlimited — [www.tucanada.org](http://www.tucanada.org)
- Bird Studies Canada — [www.bsc-eoc.org](http://www.bsc-eoc.org)
- Canadian Wildlife Services — [www.cws-scf.ec.gc.ca](http://www.cws-scf.ec.gc.ca)
- Environment Canada — [www.ec.gc.ca](http://www.ec.gc.ca)

## Fiction helps you feel @ease

By KERRY REED

If you are getting tired of reading just textbooks and study notes, maybe it is time to unwind with a book that takes you to a faraway place or allows you to escape into someone else's life.

The Learning Resource Centre's @ease paperback collection can help said Linda Schneider, the manager of the LRC.

The @ease collection of fiction novels has been at the LRC for 10 years but it has only taken off in the last couple of years thanks to overwhelming donations.

All the paperback books have been donated by staff, faculty and sometimes students at the college, said Schneider.

"Most of the staff and faculty are heavy readers so our collection gets built up really fast," she said.

In the collection there is a bunch of different genres like mystery, chick literature, thrillers and much more to pick from.

"Unfortunately, since paperbacks come out after hardcover books the collection is not right up-to-date," Schneider said. "We still have great books but it takes us a little longer to get a hold of them."

The @ease collection has around 1,000 books and the LRC will never turn away any donations.

Schneider said if there are duplicate copies or they have too many books for their shelves, the LRC will look for opportunities in the community to donate the books to.

Last summer the LRC donated many boxes of books to the women's correctional facility.

The collection is inspected each summer and worn out books and older books get donated elsewhere and new books take their place on the shelves.

Melanie Spittal, a second-year general business student, said she had no idea the school library had fiction books. "I might actually go into the library and do something other than homework for once."

Students can curl up in the soft seating arrangements Conestoga Students Inc. donated or sign out the books to take home and read.

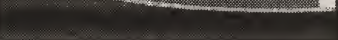
"I truly believe anytime you read anything it improves literacy skills," Schneider said. "Better readers are better learners."



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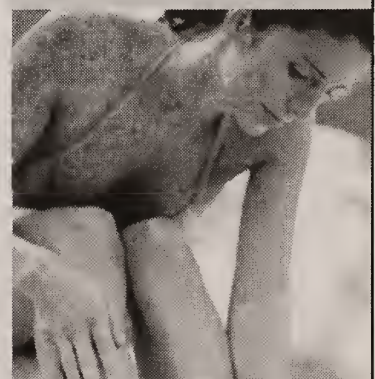


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## HOROSCOPE

Week of October 9, 2007



## Aries

March 21 - April 19

You are energetic and impulsive. Sometimes it is OK to think things through before making a decision. Sometimes, it's OK to stay in for a movie, instead of attending a party.



## Libra

September 23 - October 22

You are passionate when in love, but the games you play might backfire on you. Try approaching a new interest with honesty instead of always playing games.



## Taurus

April 20 - May 20

People love your patient ways. Your resistance to change may cause you to miss important opportunities, besides - change is not always a bad thing, is it?



## Scorpio

October 23 - November 21

You are courageous and have a clear view of your goals and how to achieve them. Your mysterious ways are what draws people to your side.



## Gemini

May 21 - June 21

Being versatile is a great trait in today's world. It might help you achieve a lifelong dream or that promotion you have been waiting for at work.



## Sagittarius

November 22 - December 21

Try to learn from your mistakes before they repeat themselves and cause you more hassle and pain that could have been avoided.



## Cancer

June 22 - July 22

You are sensitive, sympathetic and emotional on your good days and you allow emotion to rule your choices which aren't always the best. Try to find a balance between your head and your heart.



## Capricorn

December 22 - January 19

You have a great passion for life and a tendency to worry in excess and over think a situation. Instead of thinking too much, try to write down your worries or make a list of pros and cons.



## Leo

July 23 - August 22

You enjoy being the life of the party and you have no problems speaking your mind. Sometimes it is OK to step aside and allow someone else to shine, and it is OK to keep some of your opinions to yourself.



## Aquarius

January 20 - February 18

You are one to stick by a decision no matter what, but sometimes it is OK to walk away if the outcome is not what you expected.



## Virgo

August 23 - September 22

You are the perfectionist. Let things slide once or twice. Sometimes, allowing the other person to have the last word will avoid prolonging the disagreement.



## Pisces

February 19 - March 20

You are a giver and sometimes you give too much of yourself. Taking time to rejuvenate will help you and others around you.



Franca Maio is a second-year journalism student holding fate in the palm of her hand.

## Student association offers fewer events due to fewer students

By JOSHUA KHAN

Conestoga College students like to party, but the number of on-campus events are lower than those at other Ontario colleges.

At Mohawk College, in Hamilton, five events were held during Frosh Week and they are starting to hold at least one major event per week.

Jayne Woods, the marketing and event co-ordinator of the Mohawk Students' Association, said certain financial decisions were made so famous bands such as Hedley and Finger Eleven could be booked.

"With 8,000 full-time students, we receive a portion of the general service fee specifically for events," she said. "Also, when I submit my offer to agents, I break down the budget into areas like ticket prices and anticipated attendance."

In the past couple of years, Toronto's Humber College, which holds at least two events per week, has also had major entertainers like Sum 41 and Charlie Murphy from the Dave Chappelle Show.

Aaron Miller, the programming director for the Humber Students Federation, said that with 16,000 full-time students, finances aren't the only factor when it comes to planning events. Humber College holds at least two events a week.

"We have an outdoor amphitheatre where we do our large concerts and have our campus bar," he said. "Also, day events are held in our student centre."

But how is money raised to pay for entertainers and social events?

"At Humber College, all the money is paid from the student fees and a small amount is gained from ticket sales," said Miller.

So if student fees equal more nights of fun, then should high school graduates pick colleges with a large number of students?

Centennial College, in Toronto,

has 10,000 full-time students and holds at least one event a week.

Jason Moseley, the special events and activities co-ordinator at Centennial College, doesn't think numbers matter.

"The number of students at a college does not affect the amount of concerts and events held during the year," he said. "The major contributor to the amount of events that happen on campus is the level of the budgeting that we receive at the beginning of the year."

However, Lindsay Silva, the event programmer at CSI, disagrees.

"The number of events does depend on the number of students at a college," she said.

"The budget for social activities comes from a college's student association fee which is paid by students."

"At Conestoga, there are 6,700 full-time students and the CSI student association fee is \$95. Other colleges with a lot more students and higher fees will have a higher budget for events."

Conestoga currently holds about one event per week and a major event at the end of every month.

Silva said CSI is trying to create more events, especially with the new, bigger Sanctuary.

"With the Sanctuary, we're hoping to have local talent and even a battle of the bands," she said. "But first we need to come to an agreement with the college to have these types of events and even complete minor jobs such as soundproofing the Sanctuary and getting stages."

Roxy Stanciu, CSI president, said holding more events also depends on what a college's student association is trying to accomplish.

"Most student associations focus mainly on events," she said. "We do focus on events, but we also make sure our students have a better student life which they can enjoy."

## Foo Fighters' new CD features a different spin

By AARON O'CONNELL

Echoes, Silence, Patience & Grace is the latest album from the Foo Fighters and if you have been a fan from the start then I suggest you pick it up.

The new single, The Pretender, is the lone heavy song on the album. The rest are soft and like the CD title says, graceful.

By starting the album off with The Pretender, the group leaves its listeners breathless and wanting more. Then the Fighters throw in different types of melodies to keep the listeners entranced throughout the entire CD.

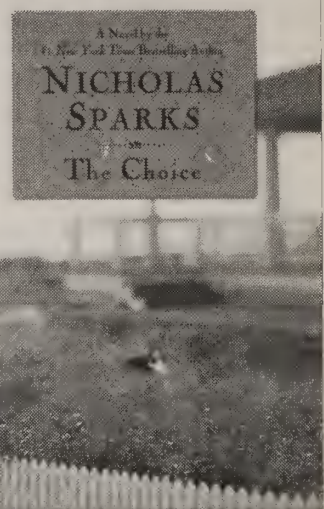
The songs of Echoes, Silence, Patience & Grace pick you up and take you on an incredible journey from start to finish beginning with a bang and progressively mellow-

ing out as it moves to the closing song of the album, Home. The slow-paced melodic track, which doesn't have any drums, bass or guitar, showcases vocalist Dave Grohl's piano and soft voice and is the icing on the cake to an already masterful album.

Songs like Erase/Replace and Come Alive, remind fans of older songs like Big Me and For All the Cows.

This album which came out on Sept. 25, is one of the Foo Fighters softest albums if not the softest and shows listeners a side of the Fighters that they've never heard before.

Overall, this is a great album. If you and your friends are looking for something where you can sit back, relax and listen to some excellent songwriting then this album is for you.



Best-selling author Nicholas Sparks releases The Choice.

## New book about choice

BY FRANCA MAIO

If it were a choice between keeping the one you love alive, or respecting her wishes and allowing her to die, which would you choose?

Nicholas Sparks, whose books have been on the New York Times best seller list, has a new release on bookshelves. His other bodies of work include The Notebook, A Walk To Remember and Message In A Bottle.

The book, simply titled The Choice, follows a young couple through their meeting to the moment when the main male character, Travis Parker, is left to make one of the toughest decisions any human has to make.

How far would you go in the name of love? The question is posed throughout the novel, prodding at the reader to give the question some thought, and leaving the reader wondering what will happen as the novel unfolds.

The story begins as most of Sparks' novels, with the two main characters having a disagreement about a dog. They meet outside on Travis's lawn with Gabby yelling at him because she assumes his dog impregnated her dog. The story unfolds revealing their separate pasts and moving toward their future together as a couple.

However tragedy strikes, leaving Travis feeling like no one understands the pain he is going through. Gabby is in hospital, in a coma. Travis is guilt-ridden because he was the driver, and he is also left to take care of their two daughters. He struggles with the choice of keeping his wife alive or telling the hospital administrator about her living will which will result in her death.

Sparks artfully reveals the psyche of Travis, and intertwines the story of another man who was in Travis's place, and in the end, the other man loses everything. He shows the growth in Travis as the day nears when he must make the choice which no human ever wants to make.

The story never really answers the question, which is asked sporadically throughout the novel. Instead, it allows readers to come to their own conclusion. As the story comes to a close, something happens which reassures Travis that he made the right decision.



# Fixing the puzzle

## Mens' outdoor soccer assembling pieces

By ALEX MCNANNEY

The Conestoga College men's outdoor soccer team has been enduring growing pains all season, and it was no different during a 3-2 loss to Niagara College on Sept. 28.

The team looked like a veteran team for some stretches of the game, but would regress at key points, leading to all three Niagara goals.

After the game, head coach Geoff Johnstone said this has been one of his most difficult seasons.

"Just when you think it's coming together, it falls apart for a while again," he said.

"It's a challenge, I've got to put together the jigsaw puzzle and put all the right pieces in place."

One particularly glaring hole was the team's cross defence. All three of Niagara's goals were scored on crosses into the box.

Johnstone said that has been a problem all season, but one that just fixes itself with time.

Another factor for the team's up and down play was the rough schedule the team has endured to start the season.

The Condors started with four road games, including a brutal stretch from Sept. 23 to 28, where the team played in Windsor on Sept. 23, then in Humber on Sept.

26 and finally at Conestoga on Sept. 28.

Johnstone said the players were worn out, and the team was playing too many games in such a short period.

With the team's play this season, Johnstone said he's been using this as a gauge for future years, as Conestoga should have 16 of the 18 players back next year.

"It's preseason for next season," Johnstone said with a laugh.

The team takes on Redeemer at Conestoga on Oct. 10.

Elsewhere in varsity sports, the women's outdoor soccer team had a tough time during the Sept. 24 to Sept. 30 period. The team lost 2-0 to St. Clair on Sept. 23, then 3-0 to Humber on Sept. 25, victimized by the same brutal schedule as the men's outdoor team. The Condors hope to redeem themselves when Redeemer comes to town on Oct. 9.

And the women's fastball team had one great game, then one forgettable one.

The Condors pounded the Mohawk Mountaineers 11-0 on Sept. 25. It was a different story Sept. 27 however, as the St. Clair Saints thrashed the Condors 16-1. Despite the big loss, the Condors are still atop the OCAA standings, holding a two-point lead over the Saints as of Oct. 1. The team looks

to finish the season on a strong note heading into the playoffs when they take on the Durham Lords on Oct. 11.



(Photo by Alex McNanney)

Condors score a goal in their 3-2 loss against Niagara Sept. 28.

## WHEN DATING TURNS DANGEROUS

### Stalking

Stalking is a crime that happens on college campuses more often than in the general population. Stalking is not a single event but a pattern of actions that makes the person being targeted feel frightened and controlled. Over time, these actions may become more aggressive and dangerous — sometimes even life threatening.

### Actions that constitute stalking may include:

- ❖ Repeated telephone calls, letters, or emails
- ❖ Sending unwanted gifts (e.g. flowers)
- ❖ Showing up uninvited at places the target frequents (i.e. home, work, entertainment)
- ❖ Stealing mail
- ❖ Following, watching, tracking
- ❖ Threatening harm to the person being stalked, family or friends
- ❖ Threatening or harming pets



Do not minimize or ignore this behaviour. Report threats to Campus Security (Doon campus Room 2B10 ext. 3357) and/or the Police. You may need support in dealing with the stress of being stalked. Counsellors are available in the Counselling Office, Doon Campus, Room 1A103, 748-5220 ext 3360, Guelph Campus, Admin. Office, 824-9390 ext. 148 or Waterloo Campus, Room 1C04, 885-0300 ext. 224.

Information on community support is available through your Counselling Office.

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